

I don't know about the rest of you but I'm already looking forward to cooler weather and even snow. I am just not a summer person and the older I get the more I dislike the heat. I know I am not alone because at a meeting I attended yesterday several women about my age were fanning themselves. It felt good to be around others who understood this internal thermometer thing. My kids are always giving me a hard time about it and they have even been known to go to bed in the winter with hats and gloves on because the house is so cold...but I feel comfortable. And you know the saying-If Momma ain't happy, nobody's happy! So I'm thinking...I guess I'm getting old. The heat is really getting to me and I'm ready to move to Alaska. Then I came across a book in our church library titled, Help, Lord! I'm Having A Senior Moment by Karen O'Connor. I picked it up and laughed at some of the stories. Next month I will begin sharing various short passages with you and hope you enjoy them as much as I have.

Some of you are experiencing difficult health problems or have someone in your family facing an uphill climb. Our prayers are with you especially during this time. May you wake up content each day knowing that God is in charge and by your side.

In His Service, Chris

## HOW SENIORS CAN STAY SAFE IN THE SUMMER HEAT AND SUN

Sunny days uplift spirits. But special precautions should be taken to make sure the enjoyment of summer is not eclipsed by the pain of sunburn or the harmful effects of dehydration and heat illness.

Physical changes that come with aging make older adults more vulnerable to summer's heat and humidity. The American Geriatrics Society's Foundation for Health in Aging (FHIA) reports that most of the 200 Americans who die each summer of heat-related complications are over 50.

We become less sensitive to heat and the feeling of thirst as we age. And on top of that, certain medical conditions, such as heart disease, and medications commonly taken by seniors-water pills, allergy and sinus medications, and antidepressants-further increase the risk.

FHIA warns that temperatures in the low 90s can be very dangerous to seniors and offers a wide variety of [hot weather safety tips](#).



Recommendations include:

- Turn on the air conditioner or go to an air conditioned place-senior center, mall, movie theater, or library, for example. Fans are not sufficient.
- Stay indoors during excessive heat, and when outside, avoid the sun as much as possible, wear hats and sunglasses, and use SPF 30 or higher sunscreen
- Wear lightweight, light-colored, loose-fitting clothing
- Avoid strenuous activity
- Take cool showers, baths, or sponge baths

FHIA also recommends that family members or friends check on seniors at least twice a day during a heat wave.

Make a conscious effort to drink more during hot weather as the need for water and nonalcoholic and decaffeinated beverages rises with the temperature. This includes keeping a good variety



of beverages on hand and frequent drinking of smaller quantities as opposed to less frequent drinking of larger quantities.

## HAPPY BIRTHDAY



*Blessings on your special day!*  
*Marge Kuhlman-August 5*  
*Stephanie Welborn-August 10*  
*Regina Yokley-August 17*  
*Lee Thomas-August 27*

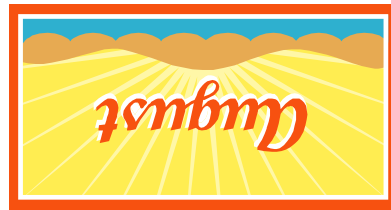
### JUST FOR FUN!

NOTES TO GOD FROM CHILDREN:

DEAR GOD: I BET IT IS VERY HARD TO LOVE EVERYONE IN THE WHOLE WORLD. THERE ARE ONLY 4 PEOPLE IN OUR FAMILY AND I'M HAVING A HARD TIME LOVING ALL OF THEM.

DEAR GOD: WHO DRAWS THE LINES AROUND THE COUNTRIES?





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## **\$100 PLEASE**

A little boy, who wanted \$100.00 very badly, prayed for two weeks but nothing happened. Then he decided to write GOD a letter requesting \$100.00.

When the postal authorities received the letter to GOD, U.S.A., they decided to send it to the President. The President was so impressed, touched, and amused that he instructed his secretary to send the boy \$5.00. Mr. President thought that this would appear to be a lot of money to the little boy.

The little boy was delighted with the \$5.00 and immediately sat down to write a thank you note to GOD that read: "Dear God, Thank you very much for sending me the money.

However, I noticed that for some reason you had to send it through Washington, D.C., and, as usual, they deducted \$95.00.

\*Thanks to Pastor Tim for this joke!  
[cybersalt.org/cleanlaugh](http://cybersalt.org/cleanlaugh)



